



Ron

Ron is a very determined man to get his fitness increased, and if a by-product of this means that his golf game will improve too, well, that's an added bonus! When I completed my assessment on Ron I knew that mobility was the first task at hand. So, taking into account his love for the game of golf I programmed a series of movements, that I learned at a TPI Golf Retreat and Seminar, consisting of dynamic range of motion movements and body weight exercises to not only increase his mobility and improve his game but to also challenge his core. Lucky for me Ron is "game" for anything!

Here is a sample of one of Ron's Golf Mobility Program that he performs 2-3 times a week.

Exercise	Reps / Weight
Search & Destroy	1:00 ea calf
Half-kneeling calf stretch	x 6 ea calf
Deep squat with heels lifted & arm raises	2 x 15
Hip flexor stretch	1:00 min ea side
Hip circles	2 x 15
Stork Turns	2 x 20
Hip windshield wipers	3 x 15
Open book, arm bent (aim for head)	2 x 15
Reach, roll, lift, down	2 x 15
Twisted prayer position – ball	1:00 ea side

View Ron's exercises by logging onto [b u r o w n t r a i n e r](#) and try them out for yourself! Print the exercises off, or download them onto your i-pod or mp3 player.